



News Release

United States Army
12th Combat Aviation Brigade
Public Affairs Office
www.12cab.army.mil
Katterbach, Germany
DSN: 314.467.2011/2021

Oct. 5, 2011

Release No. 2011-10-5

Quickstrike offers reintegration to returning Soldiers

By Sgt. 1st Class Christopher DeHart

12th Combat Aviation Brigade Public Affairs Office

KATTERBACH, Germany – Whether coming back from three weeks in the field or nine months downrange, Soldiers have adjustments to make when they return. The challenges are different if they are single or married but there are challenges nonetheless.

As part of the efforts to reduce these challenges and give Soldiers and their Families better tools to make those adjustments when they return and reunite, 3-159th Attack Reconnaissance Battalion, 12th Combat Aviation Brigade, conducted reintegration training recently at the Storck Barracks Theater.

“When you come back from deployment, you face a lot of stressors, single or married,” said Lt. Col. Scott Dickey, commander, 3-159th ARB. “If you don’t pay attention, those stressors and problems will grow. We want to make sure you are educated and don’t come back and do something bad.”

Dickey spoke to his troops before and after the one-hour block of training to emphasize his dedication and seriousness in addressing this issue that has plagued deploying Soldiers for many years.

Heather Leiby, program manager for mobilization and deployment with Army Community Services, was the speaker for the unit’s training, with assistance from the Military Family Life Counselors assigned to the Quickstrike battalion.

Leiby spoke first about her own personal experiences with dealing with reintegration. She talked about her brother and how he had changed from his time downrange, from his deployments. She said it still took almost 5 years for him to truly reintegrate into his family life and normalcy.

“You can’t wait to address these issues,” Leiby said. “The sooner (you do) the better.”

She explained there were two primary ways to combat this type of stress – having communication and someone to talk to and having support.

“Priorities may change, even career changes possibly. Friends may change and (the Soldier) might have started other habits. You need to watch out for these things and have a plan to address them and handle them,” she said.

Additionally, there are little challenges for the spouse at home that become big issues once the Soldier is gone, such as dealing with the car or the house, and those can cause resentment or frustration.

“It is how you build and think about those challenges now before they hit you in the face,” Leiby said.

When asked what kind of expectations they had, Quickstrike Soldiers replied they expected longer hours, details, organization, family issues and even accidents, to name a few, during the process of preparing to deploy and the deployment itself.

Leiby added that to cope with these expectations and what actually happens while gone, Soldiers need to realize that listening is a big part of the communication process and that life’s challenges are not supposed to paralyze you, they are supposed to help you grow and discover who you are.

Leiby offers these services and many more to all units within 12th CAB to help Soldiers cope with deployments - before, during and after – and to give Families at home what they need to make things smoother both for them and for when their Soldier returns home.